

Health and Wellness Resources to address COVID-19 related stressors

Updated August 6, 2021

JABSOM COVID-19 resources page – scroll to the bottom to the Wellness Resources section

<https://jabsom.hawaii.edu/jabsomresources-coronavirus/>

UH COVID-19 Information: <https://www.hawaii.edu/covid19/>

UH System Office of Human Resources COVID-19 Information:

<https://www.hawaii.edu/ohr/covid-19-info/>

To request a wellness check-in from a psychologist, please complete the following form: [Wellness Check-In Form \(New Window\)](#)

Basic training for initial support – UH Mānoa Counseling and Student Development Center is providing all UHM students, faculty, and staff free access to an online program, [Kognito](#), that can equip you with the knowledge and skills to recognize trauma or distress. Please visit our [Kognito page](#) to learn more about Kognito and how to access the online simulation. There is training for faculty/staff and also students (peers).

<http://www.manoa.hawaii.edu/counseling/outreach/kognito.php>

For faculty, students, parents, peers [A Guide To Helping A Student In Distress](#)

Resources specifically for Grad Students <https://gradresources.org/crisis/>

Employee Assistance Program

Effective 4/1/21, UH's new EAP vendor is [Employee Assistance of the Pacific](#)

<https://www.hawaii.edu/ohr/benefits-leave/benefit/employee-assistance-program-eap/>

[Benefits flyer](#) (808) 597-8222 Monday–Friday, 8 a.m.– 5 p.m.

Employees: <https://www.eapacific.com/our-services-to-employees.html>

They have a COVID-19 page with videos, including one updated in March 2021

<https://www.eapacific.com/corona>

Supervisors:

<https://www.eapacific.com/supervisors-managers.html#supervisornewsletter>

Hawai'i DOH: <https://hawaiiicovid19.com/emotional-wellness/>

Hawai'i CARES: <https://hicares.hawaii.gov/>

Kū Makani by Hawai'i CARES: <https://www.kumakani.org/>

Monday-Friday 4:00 pm-9:00 pm and Saturday & Sunday 9:00 am – 9:00 pm

On Oahu and the Neighbor Islands, we can be reached at Hawaii CARES at 832-3100 on **Oahu** or toll-free at 1-800-753-6879

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CDC: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

SAMHSA Disaster Distress Helpline (available for COVID-19 induced distress) <https://www.samhsa.gov/find-help/disaster-distress-helpline>

Call or Text [1-800-985-5990](tel:1-800-985-5990)

[DisasterDistress.samhsa.gov](https://www.samhsa.gov/find-help/disaster-distress-helpline)

SAMHSA Disaster Distress Helpline For Deaf and Hard of Hearing ASL Callers:

To connect directly to an agent in American Sign Language, click the "ASL Now" button below or call [1-800-985-5990](tel:1-800-985-5990) from your videophone. ASL Support is available 24/7.

ASL NOW

Services available through your personal health insurance

- HMSA <https://hmsa.com/well-being/hmsa365/>
- Kaiser <http://www.kpinhawaii.org/our-services>
- Aloha Care <https://www.alohacare.org/QUEST/Health-and-Wellness>
- Ohana – telehealth
 - <https://www.wellcare.com/Hawaii/Members/Medicaid-Plans/QUEST-Integration/Telehealth/MDLIVE>

RCUH HR Information for RCUH Employees and PI's:

- August 6, 2021; Mandatory Vaccinations or Weekly Testing Updates:
<https://www.rcuh.com/2021/08/06/rcuh-covid-19-advisory-11-mandatory-vaccinations-or-weekly-testing/>
- August 2, 2021; Return to the Workplace and Telework Updates:
https://www.rcuh.com/wp-content/uploads/2021/08/RCUH-COVID-19-Advisory-10_8.2.21.pdf
- May 24, 2021; Return to Work Guidelines:
https://docs.google.com/viewerng/viewer?url=https://www.rcuh.com/wp-content/uploads/2021/05/RCUH-COVID-19-Advisory-9_AC.pdf&hl=en
- August 20, 2020; Guidelines and Operation Updates:
https://docs.google.com/viewerng/viewer?url=https://www.rcuh.com/wp-content/uploads/2020/08/RCUH-COVID-19-Advisory-6_8.20.20.pdf&hl=en

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- April 6, 2020; Employee resources, EAP, FFCRA, EFML, LWOP & Unemployment:
https://docs.google.com/viewerng/viewer?url=https://www.rcuh.com/wp-content/uploads/2020/04/RCUH-COVID-19-Advisory-3_04.06.20.pdf&hl=en
- March 17, 2020; What to do when an employee is sick, COVID-19 exposure and resources:
https://docs.google.com/viewerng/viewer?url=https://www.rcuh.com/wp-content/uploads/2020/03/RCUH-COVID-19-Advisory_3.17.20.pdf&hl=en